

On the fertile island nation of Sri Lanka, dedicated farmers tend hundreds of acres of organic coconut palms. Organic stewardship enhances biodiversity and nurtures the overall ecology of the region.

We press the meat of fresh organic coconuts, yielding an oil-rich extract we blend with pure, filtered water - nothing more. Delicious in soups, curries, sauces, desserts and beverages, it lends its creamy goodness to smoothies, non-dairy treats and classic regional dishes. Try our favorite recipes at [edwardandsonsrecipes.org](http://edwardandsonsrecipes.org). Shake well before using. Refrigerate remaining contents in glass or plastic container - enjoy within 4 days.

Our Coconut Milk contains no guar or other additives. It naturally separates and solidifies when cold. Place container in a bowl of hot water. Stir well to restore its smooth consistency. Consistent with our company policy, organic certification prohibits the use of GMOs, artificial colors, and other unwelcome ingredients. We are a family-owned, vegetarian company offering Convenience Without Compromise® since 1978.

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No Guar




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# ORGANIC Coconut Milk

SIMPLE™

ORGANIC = NON GMO

GF © GLUTEN-FREE

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NET WT 13.5 FL OZ 398 ml

K PAREVE

SERVING SUGGESTION

**Nutrition Facts**

5 servings per container  
Serving Size 1/3 cup (80ml)

Amount per serving  
**Calories 140**

% Daily Value\*

<b>Total Fat</b> 14g	<b>18%</b>
Saturated Fat 12g	<b>60%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 20mg	<b>1%</b>
<b>Total Carbohydrate</b> 2g	<b>1%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 1g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> less than 1g	
Vit. D 0mcg 0%	Calcium 3mg 0%
Iron 0mg 2%	Potassium 120mg 3%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutritional advice.

**Ingredients: Organic Coconut Milk (Organic Coconut, Filtered Water).**  
Coconut milk is a gluten free food.

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Product of Sri Lanka  
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Edward & Sons: The Coconut People™

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